

CARC H&S in 10

- ★ Overall responsibility for health and safety rests with the Club Committee. The Committee has adopted a health and safety policy that can be found on the club's website [add link]
- ★ Tori Dickinson will act as a coordinator with the various club volunteers responsible for ensuring this policy is put into practice for different activities, for example
 - coaches will lead on risk assessments for training sessions
 - A nominated volunteer will lead on risk assessments for formal club internal events e.g. handicap races; and
 - A nominated volunteer will lead on risk assessments for open events we organise e.g. Race Director for Shobdon Wood race
- ★ All club members should take reasonable care for their own health and safety and if they have any concerns about their ability to partake in or complete an event they should stop and seek help.
- ★ All club members should cooperate with coaches and other club members on health and safety matters.
- ★ Club members are asked to report any health and safety concerns to the H&S coordinator (Tori Dickinson).
- ★ The club is required to report to EA any accidents where a club member suffers an injury requiring medical treatment in situ. If a club member seeks medical treatment at a later date they are asked to provide details to the H&S coordinator (Tori Dickinson) so we can record this incident and review any risk assessments.
- ★ If you are organising an informal event open to any club members to join then please take the time to review the club's high-level guidance. (add link).
- ★ Be prepared for the unexpected and look after each other. Remember we often run on public land where the general public may not be aware of the event so be courteous to anyone you meet and run at a speed such that you are always in control.
- ★ Be aware of the club's dogs policy (add link).
- ★ Most importantly enjoy your running